

*What is the health benefits and dis benefits of drinking distilled water and is it true that distilled water absorbs needed nutrients and minerals from the body. Also please tell me if there is such a thing as organic and inorganic minerals*

Drinking distilled water has both potential health benefits and drawbacks. One potential benefit is that it is free of impurities such as minerals, chemicals, and contaminants that may be present in tap or other forms of water. This purity may make it a good choice for people with certain health conditions, such as kidney disease, who need to limit their intake of certain minerals and chemicals.

However, one potential drawback of drinking distilled water is that it may not contain essential minerals that are important for human health, such as calcium, magnesium, and potassium. Over time, this can lead to mineral deficiencies if distilled water is the only source of drinking water.

There is a common misconception that distilled water can absorb nutrients and minerals from the body. However, this is not true. The body does not get its nutrients and minerals from water alone. Nutrients and minerals come from the foods we eat and the supplements we take.

Regarding organic and inorganic minerals, there is a difference between the two. Organic minerals come from living organisms and are often bound to proteins, while inorganic minerals come from non-living sources such as rocks and soil. Both types of minerals are important for human health, but organic minerals are generally more easily absorbed by the body. Examples of organic minerals include iron, zinc, and copper, while inorganic minerals include calcium, magnesium, and potassium.